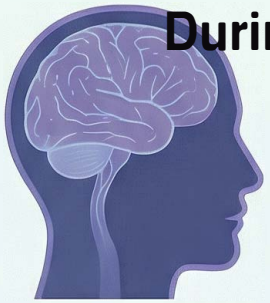
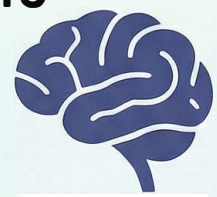
Stroboscopic Entrainment and Breathwork Pre-Session Neuroregulation: Effects on Tolerability and Early Symptom Response During Routine Ketamine Care





Purpose of the Study: Optimizing the Ketamine Journey

This study evaluates if preparatory paced breathing and theta-frequency pulsed light improve symptoms and session tolerability during routine clinical ketamine therapy.

Non-Pharmacologic Preparation: The intervention uses natural biological regulation and light-based entrainment to help participants transition into their clinical sessions.

Participants will be receive up to $150 for participation.

Who Is Eligible?

Targeted Age Range: Adults between the ages of 21 and 65 are eligible to participate.

Qualifying Conditions: Participants must be receiving clinical ketamine therapy for depression, PTSD, or anxiety and be actively engaged in psychiatric care.

Critical Safety Exclusion: Candidates must have NO personal or first-degree family history of seizures or photosensitive epilepsy.

Your Commitment

4-Week Acute Phase: Participants will attend four weekly sessions aligned with their routine clinical ketamine care sessions.

6 WEEKS **3 MONTHS Long-term**

Follow-ups: Assessment questionnaires will be completed at 6 weeks and 3 months following the initial phase to track progress.

Study Measurements: Participation involves completing clinician-rated scales (like the MADRS) and self-report questionnaires.

Potential Benefits & Risks

Potential Clinical Improvements: Benefits may include better emotional regulation, overall symptom reduction, and improved session tolerability.

Informed Safety Risks: Possible transient risks from pulsed light and breathing include eye strain, headache, dizziness, nausea, or lightheadedness.

Investigators: Cheryl Lowry, MD, MPH; Brian Pinkston, MD, MPH
Facility: Tactical Mind Research Coalition, 2901 W. Busch Blvd #902, Tampa FL
Contact: 727-353-7727 (Ask for Amanda or mention the study)